Falafel Salad Bowl

with tomato and pearl couscous

20 – 25 mins • Veggie

21

- Falafel
- Couscous
- Aioli
- Dried Chilli Flakes
- Radish
- Olives
- Greek Style Cheese
- Carrot
- Lemon
- Parsley
- Tomato
- Stock
- x2 Falafel

Pantry Items: Sugar, Salt, Pepper, Oil, Water

Rate your recipe!

2025-W22

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, pot with lid, sieve, zester

Ingredients

	2P	4P
Falafel	160 g	320 g
Couscous	150 g	300 g
Aioli	1 sachet	2 sachets
Dried Chilli Flakes	2 sachets	4 sachets
Radish	125 g	250 g
Olives	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Carrot	1 unit	2 units
Lemon	1 unit	2 units
Parsley	5 g	10 g
Tomato	2 units	4 units
Stock	1 sachet	2 sachets
Falafel	320 g	640 g

Nutrition

for uncooked ingredient	Per 100 g	Recipe 1 Per 100 g
Energy (kJ/kcal)	621.6 kJ/ 148.6 kcal	621 kJ/ 148 kcal
Fat (g)	7 g	6.6 g
Sat. Fat (g)	2.1 g	1.9 g
Carbohydrate (g)	16.6 g	16.9 g
Sugars (g)	3.3 g	3.4 g
Protein (g)	4.8 g	5 g
Salt (g)	1.4 g	1.4 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at hellofresh.ie/about/faq

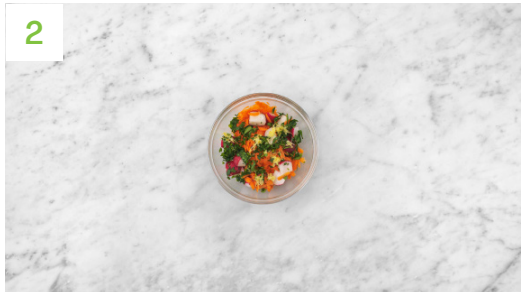
1

Cook the Couscous

- Pour 600ml **water** (per 2P) into a pot, stir in the **stock** and bring to the boil.
- Stir in the **pearled couscous**, bring back to the boil and simmer, covered, 12-15 mins.
- Drain in a sieve and pop back in the pot, off the heat.
- Season to taste with **salt** and **pepper**.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*

2



Prep the Veg

- Trim and quarter the **radish**.
- Roughly chop the **olives**. Cut the **tomato** into 2cm chunks.
- Zest and quarter the **lemon**.
- Trim the **carrot**, then coarsely grate (no need to peel). Roughly chop the **parsley** (stalks and all).
- Toss the **carrot**, **radish** and **half** the **parsley** with ½ tbsp **lemon** juice (per 2P), a pinch of **lemon zest** and ½ tsp **sugar** (per 2P). Mix together and set aside, continuing to stir frequently.

3

Fry the Falafel

- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **falafel**, turning frequently for even cooking, 3-5 mins.
- Meanwhile, in a small bowl, mix the **chilli flakes** with the **aioli**.

4

Garnish and Serve

- Mix the **couscous** with the **tomato** and **olives** and divide between bowls.
- Top with **falafel** then marinated veg and sprinkle the remaining **parsley** over the top.
- Drizzle over the spicy **aioli** and finish with a crumbling of **Greek style cheese**.
- Squeeze a **lemon** wedge over the top, if desired.

Enjoy!